



**SAN BRUNO BOUND** . . . Members of the bantam Tigers and the midget Steelers in the Torrance Pop Warner leagues will play San Bruno teams at the San Francisco area city next weekend. Shown above are Dave Mexico, Steelers quarterback, and Dean Jurisich, signal caller for the Tigers, get the coaches' gear bags ready for the trip. Donations are being raised to help with costs of bus charter and related expenses. Both teams will be in action today at West High School as they end regular season play.

# Scuba Diving Must: Skill, Good Sense

In recent years, skin diving and scuba diving have won enthusiastic followers in California. To a limited extent, underwater exploration is an occupational activity, but most participants engage in it for recreation, adventure, and the conquest of new skills. And like most adventurous activities, it carries with it certain risks.

Skin divers rely for their air supply either on their own lungs or on air brought from the surface through a snorkel tube. Scuba diving, potentially a much more hazardous activity, involves carrying your own air supply in a Self-Contained Underwater Breathing Apparatus—the initials of the phrase forming the coined word SCUBA.

**THE ESSENTIAL** precautions which any scuba diver must observe are that he have the proper equipment, that his equipment be inspected regularly, and that he be properly trained—preferably first in skin diving before he undertakes scuba. It is considered extremely unwise ever to engage in any underwater activity as a solo venture.

The so-called "BUDDY" system in which divers operate in pairs, each one assuming responsibility for the other, can reduce many of the hazards, particularly those which result from panic and exhaustion.

**DROWNING**, the most common cause of death in scuba diving, sometimes occurs because the diver has overestimated his capacity to navigate distances or has become entangled in kelp.

Other mishaps, not always fatal, include the "squeeze" and the "bends." The squeeze, which results from unequal pressure on the air spaces of the body, may damage the lungs, rupture an eardrum, or cause difficulty in the gastrointestinal tract, the sinuses, and the teeth.

**THE BENDS**, which occur when nitrogen bubbles become trapped in the body's tissues, can be avoided by the diver who knows how long he must take to return to the surface if he has been at a certain depth for a certain period of time. The disorder, also known as Caisson Disease, manifests itself by symptoms ranging from tingling of the skin to extreme muscular pain and eventually to paralysis.

A person with symptoms of the bends should be placed in a recompression chamber immediately. This means that scuba diving should never be done at a site where no recompression equipment is on hand. There are several recompression facilities from Santa Barbara south, one in San Francisco, but none along the coast north of San Francisco.

**THE PERSON** who wants to derive full enjoyment from the pleasures of underwater activity needs not only skill, but maximum physical stamina. Top physical condition should be verified by annual medical examination. He must be trained to respond automatically to potentially dangerous situations, and should be able to recognize his own

level of exhaustion and never push himself beyond it.

The person with emotional stability has the makings of a better diver than the person who is rash or immature. Neither obesity nor alcoholism is compatible with diving, and even the moderate drinker should abstain from all alcohol for eight hours before diving.

**SPECIFIC** health problems will almost certainly be accentuated by the stress of underwater activity, and persons with certain acute or chronic illnesses should avoid this form of recreation. For example, diving should not be undertaken by persons with diseases of the ears or sinuses, with heart disease or high blood pressure, with lung disease, ulcer, colitis, or diabetes.

## Christmas Jobs Set For Youths

More than 300 Torrance high school students will be permitted time off for holiday employment the week of Dec. 12.

This will mark the 12th year that Torrance students have been given released time to work during the week prior to the beginning of the school Christmas vacation.

Students recommended for retail selling jobs will be required to audit a five-hour salesmanship orientation course being offered at each high school during November, according to Delmar Smith, work experience coordinator.

Participants will be required to maintain passing grades and to have written authorization from parents and teachers. Those working part time will attend school half-days.

Supervision of students on the jobs will be conducted by the work experience counselors in each high school during the week before Christmas vacation and at the conclusion of that period, Smith said.

# Mary Wise menu and shopping guide



**HANDSOME HOLIDAY** plate for the buffet is this Smoked Salmon Mountain, favorite of a famous Seattle chef.

## Salmon Mound Pretty

A famous chef in Seattle serves thin sliced "Smoked Salmon Mountain" in this regal manner for all of his buffets, for he believes that lox has a color, texture and flavor that needs little embellishment.

Thin sliced smoked salmon are the prime filet slices, specially smoked and cured to retain their delicate color and unique flavor.

Base of this salmon mountain is whipped cream cheese, seasoned with finely chopped onion. The cheese is shaped into a mountain and then covered with slices of lox. Garnish is onion rings and parsley. Serve with crackers or toast rounds.

- SMOKED SALMON MOUNTAIN**
- 3 3-oz. packages Lascco thin sliced Smoked Salmon
  - 1 lb. whipped cream cheese
  - ½ cup finely diced onion
  - Crisp crackers
  - Onion rings

Combine whipped cream cheese with onion. Mound in center of serving plate. Cut thin sliced smoked salmon in narrow strips. Lay salmon around cream cheese mountain, leaving a little showing on top. Garnish with onion rings and parsley. Makes enough to serve 15.

**FREZZING SANDWICHES**

All fresh breads freeze well. Spread the bread with soft butter to keep fillings from soaking. For fillings use peanut butter, cooked fish, turkey, chicken, egg yolk, etc. Use lemon, orange pineapple or other juice for bindings and for extra flavor. Dairy sour cream and applesauce are good.

## For Thanksgiving Try Easy Bird Rolls

Want some help making the Thanksgiving rolls? Make them from frozen ready-to-bake Bridgford bread, and the children will be so intrigued with the process they'll want to make them for you.

- LITTLE BIRD ROLLS**
- 1 lb. Bridgford frozen ready-to-bake bread
  - Raisins
  - Butter

Remove frozen-lob from bag and let soften at room temperature (about one hour). Cut loaf into quarters and then cut each quarter into four pieces for a total of 16 pieces.

Using the hands, roll each piece on a lightly floured board to form a thin rope about 10 inches long. Tie into a knot as for bow knots, leaving the ends about one inch long.

Taper one end to form a beak, and using kitchen shears, make a small cut for an eye. Place half of a raisin in the cut. Flatten the other end slightly and make three cuts to form the tail. Let rise on a greased cookie sheet in a warm place until doubled in size.

Bake 375 degrees about 15 minutes or until golden brown. Brush with butter, if desired. Yield: 16 rolls.



**FESTIVE LITTLE BIRD** "baby turkey" rolls are a stunning but simple addition to the Thanksgiving dinner.

**Why Braise?**

Cooking veal chops in liquid prevents the meat from drying and insures a tender, juicy chop. Because they have little surface fat, marbling or moisture, veal chops should not be broiled.

## Season's eatings!



Ideal delicacy for Holiday entertaining. For free recipe ideas write Peter Pan Seafoods, Dexter Horton Bldg., Seattle, Wash.



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